



KNOWLEDGE AND PRACTICE ON POSTNATAL DIET AMONG POSTNATAL MOTHERS

Ms. Srashti Pandey¹ | Mrs. Heamlatha Prabhu² | Dr. Nageshwar V²

¹ M. Sc Nursing, Teerthanker Mahaveer College of Nursing, TMU, Moradabad U.P.

² Assistant Professor Teerthanker Mahaveer College of Nursing, TMU Moradabad, U.P.

ABSTRACT

INTRODUCTION: Now a days after birth of the baby during postnatal period mothers are faced many problems regarding health, infections, nutritious value in diet some women's are belong to low socioeconomic status and mostly those belongs rural they are not know what is important of postnatal diet and benefits. This review aims about explaining dietary pattern and its awareness. It also focuses upon the practices of the postnatal diet among puerperal mothers. According to WHO the total energy needs during postpartum between 2,500 to 2700 k Cal a day for most women during the lactating period or puerperal period. It is a very important aspect of self-care about postnatal diet during puerperal period. **METHODS:** Databases searched were PubMed, EBSCO & DELNET. The scholarly articles and reference list of primary articles were prepared. 5 studies were undertaken for this narrative review, including 2 qualitative and 3 quantitative studies. **RESULT:** All these studies were successful in Results shows that The review highlights the postnatal mothers do not have insufficient knowledge about their postnatal mothers and took the postnatal diet according to their traditional practices. Total 5 studies, but 2 other studies, especially focused on cultural practices her own society and according own family members. **CONCLUSION:** Postnatal period is a very crucial period of a mothers life because mothers don't care to himself, to her body and mind which is affected during pregnancy or after delivery till the 6 week of period. So, nurses should have a sense of responsibility to assess the knowledge and practice of postnatal diet among postnatal mothers which admitted in postnatal ward at least 3 days.

KEYWORDS: Knowledge, Practices, postnatal diet, postnatal mothers, food habit, puerperal period.

1. INTRODUCTION

The postpartum period is a critical one worldwide, most maternal deaths occur during the postpartum period from additional nutrition perspective. This period is critical to the health and nutritional status of the mother and infant, and to seeing the stages of a healthy feeding relationship.

The worldwide organization has published guidelines for postpartum care (WHO, 1998) many of the guidelines have implications for the nutrition professional, including guidelines for maternal nutrition including supplementation, general diet and prevention of micronutrient deficiencies. Guidelines for breastfeeding and infant nutrition are also published and are covered is breastfeeding and infant nutrition.

The purpose of this to assess the knowledge and practice regarding postnatal diet among postnatal mothers.

1.1 Aim:

1.2 The aim of this review is to enhance the knowledge and practice regarding postnatal diet among postnatal mothers.

1.3 Objectives:

To assess the knowledge and practice on postpartum diet among the women during their puerperal period.

2. METHODOLOGY

2.1. Search Strategy methods:

An electronic search of articles published in various journals publication period of 2010 – 2016 was conducted. The papers which were in the English language only. The database search done was PubMed, EBSCO, DELNET, BMC Public Health. Articles containing following key search terms were retrieved.

2.1.1 Types of Interventions:

None.

2.1.2 Types of Studies:

Quantitative study, Focus Group Discussions (FGDs), Ethnographic Study, Phenomenological Study, Qualitative Content Analysis of the Interviews, Cross-Sectional Study.

2.1.3 Type of Participants:

Mothers whose admitted were in postnatal ward during their puerperal period.

2.1.4 Settings:

Hospitals, outpatient settings, and postnatal ward.

2.1.5 Outcomes:

Assess the knowledge and practice of postnatal diet among puerperal mothers.

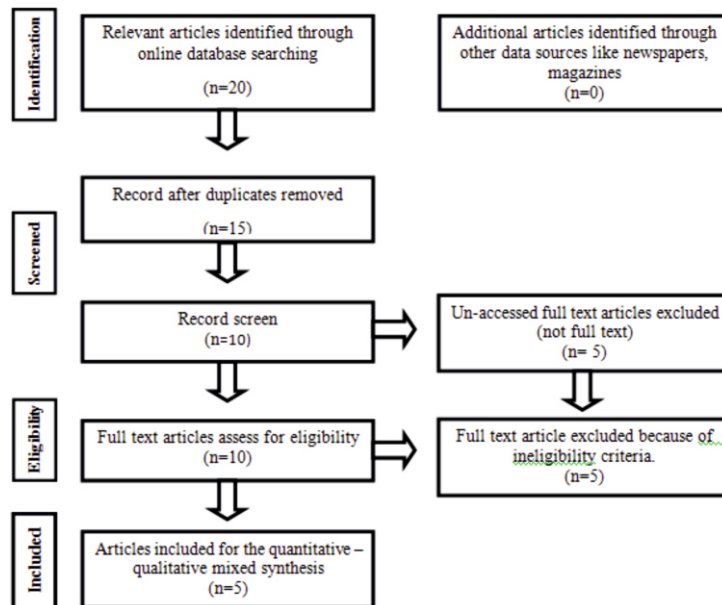
2.1.6 Delivery of Interventions:

This narrative review was intended to women Approach for conducting the narrative review started with search for literature that were related to the topic "knowledge and practice on postnatal diet among postnatal mothers". Initially the search started with 3 keywords: Postnatal diet, knowledge, Postnatal period. Articles were searched from PubMed, EBSCO, DELNET databases and Google scholarly articles. Manual searches of other relevant journals and reference list of initial search articles were referred. The review focused mainly from the period of 2005 to 2016. Articles English language were only accepted. Following initial search a total of 20 articles was found related to postnatal diet. A total of 5 articles was excluded out of which 3 were abstract, 2 were systematic reviews, 1 was not useful and one was dissertation. The remaining 7 was relevant to the topic and included for this review.

The primary focus of this review was on assessing the knowledge and practice of the postnatal diet among mothers during puerperal mothers identifying the various factors traditionally practice emphasis given to hot and cold affecting the mother health and diet process. An electronic searched of 40 published articles in the scholarly, PubMed, EBSCO, Research gate and online search of databases with using the electronic source total 20 article identified through the databases and any additional articles was not identified through the other sources. In total 23 articles only two articles are duplicates and these two articles are removed. Total 21 articles are there after removing the duplicates and these articles are screened. After screening of total 20 articles five articles (full-text) are excluded because these articles were not relevant to my review. Then 16 full-text articles are assessed for eligibility. The eligibility criteria's are selected only those studies will be included in which mothers take postpartum dietary intake and mothers having knowledge and practices among postnatal mothers. In 15 articles, six full-text articles are excluded because these are based on quantitative studies (Correlational descriptive design-2, comparative descriptive design-1, longitudinal descriptive design-1 and prospective cohort study-1). Then 5 full-text articles or studies are included because these are related to quantitative review. For conducting this, they have used the self-administered questionnaires. The majority of studies conducted the interviews with the maintenance of confidentiality and privacy. Most of the studies recruited participants from the clinical sites with the help of health professionals. Probability sampling techniques are used in most of the studies. Only one studies, were used Randomized control trial and explorative descriptive design were used. After data collection, most of the study's data should be analyzed by the thematic analysis. Quantitative data, software (SPSS). All the studies were ethically approved. All quantitative studies and were conducted in Mangalore, Saudi Arabia, Malaysia, Yamen, China Hong Kong and new york. In India two studies were conducted, one in Karnataka, South India and other in Himachal Pradesh.

3. RESULTS

3.1. PRISMA FLOW CHART:



3.2. Table no.1: Data Extraction table

S.no.	Title and Authors	Place of research and year	Variables	Tools	Time and duration.	Outcomes	Remarks
1.	A study on the cultural practices of postnatal mothers in selected hospitals at A mangalore . Sunanda B & shynee Paul MANGALORE	Mangalore 2013	Cultural Practices Of Postnatal Mothers.	Stuructured querstinnnaire	1 year	Mothers 49% belongs to the age group of 25-29years, 48.5%of the mothers were having primary education 49.5% of the mothers of were belongs to Muslim, religion ,89%of the participants were homemakers, 65.5%of the mothers belongs to joint family and 76% of the participants' were from rural area.	Health care providers should also advice and educate women about and importance of adhering to the importance of Adhering to the standard practice of postpartum care while outlining appropriate strategies for integration of mother traditional beliefs and modern approaches of postpartum care.
2.	Self-reported health problems related to traditional dietary practices in postpartum women from urban, suburban and rural areas of HubChina: theyuèzi'. Limei MaLiping Ma,	School of Public Health and Tropical Medicine, university China 2016.	Level of knowledge on postnatal diet.	Using interviewer pretested Questionnaires	1 year	Health related problems dietary practices in postpartum women from urban area especially	The sample size is large population and other than in this study only focus health problems related to traditional dietary practices in postpartum women from urban, suburban and rural Areas.
3.	Food practices among postnatal mothers in a hilly township in North eastern Shrestha K.	To explore the food practices among postnatal mothers	NEPAL 2011	Food practices among postnatal mothers.	Questionnaire.	Several mothers are restricted from eating different food/drinkitems such as green vegetables, fruits and milk/curd during postpartum Period.	The study also showed that there are food taboos surrounding specific food items taken during postpartum period .
4.	Special postpartum dietry practices of hong kong chienesese women. SMchan Eas nelson Ssf leung	Hong Kong 22 June 2016	Dietary practices	Questionnaire	2 Weeks	Postpartum dietary habits vary different Cultures Some cultures, especially those the concepts of the 'hot and cold system.	Hong Kong Chinese postpartum women followed traditional dietary practices to different degrees.
5.	Dietary habits during the postpartum period among a sample of lactating women in Sudan. Eshraga Abdallah Ali Elneim.	Saudi Arabia 2014	Pattern of daily foods intake.	Interview, Questionnaire.	30 to 40 min. each member	The good food in content of protein, carbohydrate vitamins by frequency High power foods can cause obesity, which causes many health problems.	Health problems for women, and one of the most important recommendations of the moderation in eating food that contains sugar and animal fat, and increase physical activity to burn excess calories daily.

3.3. Summary of findings:

The available literature refined to get 5 quantitative and qualitative articles.

All the articles are supported regarding assessing the knowledge and practice of women during their puerperal period. Following key factors were identified behind knowledge, practices, postnatal diet, postnatal mothers, food habits, puerperal period. Except in one review, where mothers were not aware. Of postnatal diet regarding diet but her following the practices.

4. DISCUSSION

This narrative review of the literatures assess the status of postpartum women regarding postnatal diet. Among during puerperal and specifies postpartum period is a very special phase in the life of a women. Her body needs to heal and recover from pregnancy and child birth, a good postpartum care and well balanced diet during the puerperal period is very important for her health. Recommendation studies are needed to understand the socio-cultural basis of avoidances and the reason for their persistence in Lao society. Socio-cultural beliefs in different ethnic groups and communities may have an impact on the family. The findings of present review were that exhibit mixed picture about knowledge and practices regarding postpartum diet among women during their puerperal period, some review says urban puerperal women having appropriate knowledge and practice regarding postpartum diet though traditional postpartum food restrictions are commonly observed among them too as in rural. Where as 80% of puerperal women having inadequate knowledge and practice regarding postpartum diet though traditional postpartum food restrictions are commonly observed among them too as in rural.

4.1 Importance in Education:

Based on all these studies which included in this narrative review, it is important for health care professionals to understand why mothers are faced many problems related their diet because some they faced infection, bleeding, hemorrhage after birth of the baby. so they were need during highly effective and nutritive diet which their help full for them in future and health. Healthcare professionals pointed to effective communication as an aspect to remember during this period. It is also an essential tool for implementing individualized patient care and fortifying the support network families need when going through a difficult period of time. Educational programs about postnatal diet and its management through mother consulting and mass media is recommended as an important priority for health system of country.

4.2 Future Significance:

Based on all those reviews which are included in this narrative review, it will helpful for future significance. It will help to know that what are the implications of concerns on the postnatal diet among puerperal mothers it will help to enhance the knowledge of the postnatal mother.

4.3 Limitations:

This study had certain limitations too. This literature review was limited to:

- The search that was carried out within a publication period of 2010–2016.
- The papers were in the English language only.
- Articles included were required to be free and in full text.

5. CONCLUSION

The Postpartum period is a very special phase in the life of women. Her body needs to heal and recover from pregnancy and childbirth, a good postpartum care and well balanced diet during the puerperal period is very important for health.

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